

**Lectionary readings: Jeremiah 10: 1-10a; Psalm 108; 1 John 5: 9-13; John 17: 6-19**

**For reflection and prayer**

- **Jeremiah 10:** We are not unlike the people of Jeremiah's day - worshipping idols in place of God; only our idols are different - pop stars, football and football players, celebrities, money, possessions etc. It might be good for us this week to reflect on what idols we worship. What are the things we put our trust in? Do the things we trust in lead us to freedom or bondage? v6: *'Lord, there is no one like you, for you are great, and your name is full of power.'* v10: *'But the Lord is the only true God, the living God.'* Then we might reflect on God and open ourselves to His loving, life-giving presence.
- **Psalm 108:** My heart is ready and open, O Beloved. Awaken me more and more to Your love, Your presence, Your peace, Your life, Your faithfulness. You say, *'Come to Me when your heart is heavy, and I will give you rest.'* So, Lord, I come seeking rest, seeking stillness, seeking oneness. I am Yours, Lord, and You are mine. My heart rejoices. I celebrate Your presence with me. I glory in Your love for me. Touch someone with healing and love through me today, Lord. Let me lead others to seek awakening, to seek light, to rejoice in You, Lord, that the world may be more and more filled with light and love.
- **1 John 5:** John wants his readers to know - and that includes us - that we have eternal life, that is, we participate in God's life-giving presence here and now,

sharing in God's life through His Spirit within us. This is what characterised Jesus' life. And this is the reality we need to be living out of each day. This is how we can live like Jesus, love like Jesus, forgive like Jesus, reach out to others with acceptance as Jesus did. We don't have to wait till after death to experience eternal life. We can know it as a daily reality. How willing are we to open ourselves to God and let Him live His life through us?

- **John 17:** Three verses stand out for me in this passage. v10: *'My life is on display in them.'* (The Message) I wonder whether, when people look at us, they see Christ in us? How can we open ourselves more and more to God and receive all He wants to give us for our transformation? Is change something we desire, or is that the big stumbling-block? v11: *'...so they can be one heart and mind, as we are one heart and mind.'* God's desire for us, His followers, is oneness with Him and oneness with our fellow-believers. We are still a long way off that vision. v16: *'They are no more defined by the world than I am defined by the world.'* (The Message) I wonder! It is so easy for us to let the world define who we are and live out of that false identity. Much more difficult to let God define who we are and live out of our real identity as His beloved children. Quite a challenge! But if Jesus' life is going to be on display in us, it is essential for us to reflect on how we live, where our values come from, whether we are living to glorify God, and loving as He loves.

**A prayer**

Hymn 502 in CH4 might be a good prayer for us to pray each day this week: *'Take my life ... my hands ... my voice ... my will... my love... myself...'*